

**Full Report (All Nutrients) 11271, Mustard greens, cooked, boiled, drained, without salt**

Report Date:January 22, 2016 06:18 EST

Nutrient values and weights are for edible portion.

**Food Group : Vegetables and Vegetable Products****Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 140g
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**Proximates**

Water <sup>1</sup>	g	91.78	2	--	128.49
Energy	kcal	26	--	--	36
Energy	kJ	110	--	--	154
Protein <sup>1</sup>	g	2.56	2	--	3.58
Total lipid (fat) <sup>1</sup>	g	0.47	2	--	0.66
Ash <sup>1</sup>	g	0.69	2	--	0.97
Carbohydrate, by difference	g	4.51	--	--	6.31
Fiber, total dietary	g	2.0	--	--	2.8
Sugars, total	g	1.41	--	--	1.97

**Minerals**

Calcium, Ca <sup>1</sup>	mg	118	2	--	165
Iron, Fe <sup>1</sup>	mg	0.87	2	--	1.22
Magnesium, Mg <sup>1</sup>	mg	13	2	--	18
Phosphorus, P <sup>1</sup>	mg	42	2	--	59
Potassium, K <sup>1</sup>	mg	162	1	--	227
Sodium, Na <sup>1</sup>	mg	9	2	--	13
Zinc, Zn	mg	0.22	--	--	0.31
Copper, Cu	mg	0.146	--	--	0.204
Selenium, Se	µg	0.6	--	--	0.8

**Vitamins**

Vitamin C, total ascorbic acid	mg	25.3	--	--	35.4
Thiamin	mg	0.041	--	--	0.057

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 140g
Riboflavin	mg	0.063	--	--	0.088
Niacin	mg	0.433	--	--	0.606
Pantothenic acid	mg	0.120	--	--	0.168
Vitamin B-6	mg	0.098	--	--	0.137
Folate, total	µg	9	1	--	13
Folic acid	µg	0	--	--	0
Folate, food <sup>1</sup>	µg	9	1	--	13
Folate, DFE	µg	9	--	--	13
Choline, total	mg	0.4	--	--	0.6
Betaine	mg	0.2	--	--	0.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	618	--	--	865
Retinol	µg	0	--	--	0
Carotene, beta	µg	7400	3	--	10360
Carotene, alpha	µg	9	--	--	13
Cryptoxanthin, beta	µg	35	--	--	49
Vitamin A, IU	IU	12370	--	--	17318
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	10400	3	--	14560
Vitamin E (alpha-tocopherol)	mg	1.78	--	--	2.49
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) <sup>1</sup>	µg	592.7	1	--	829.8
<b>Lipids</b>					
Fatty acids, total saturated	g	0.012	--	--	0.017
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped 140g
16:0	g	0.006	--	--	0.008
18:0	g	0.002	--	--	0.003
Fatty acids, total monounsaturated	g	0.110	--	--	0.154
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.018	--	--	0.025
20:1	g	0.023	--	--	0.032
22:1 undifferentiated	g	0.069	--	--	0.097
Fatty acids, total polyunsaturated	g	0.046	--	--	0.064
18:2 undifferentiated	g	0.024	--	--	0.034
18:3 undifferentiated	g	0.022	--	--	0.031
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 10j, 2006 Beltsville MD